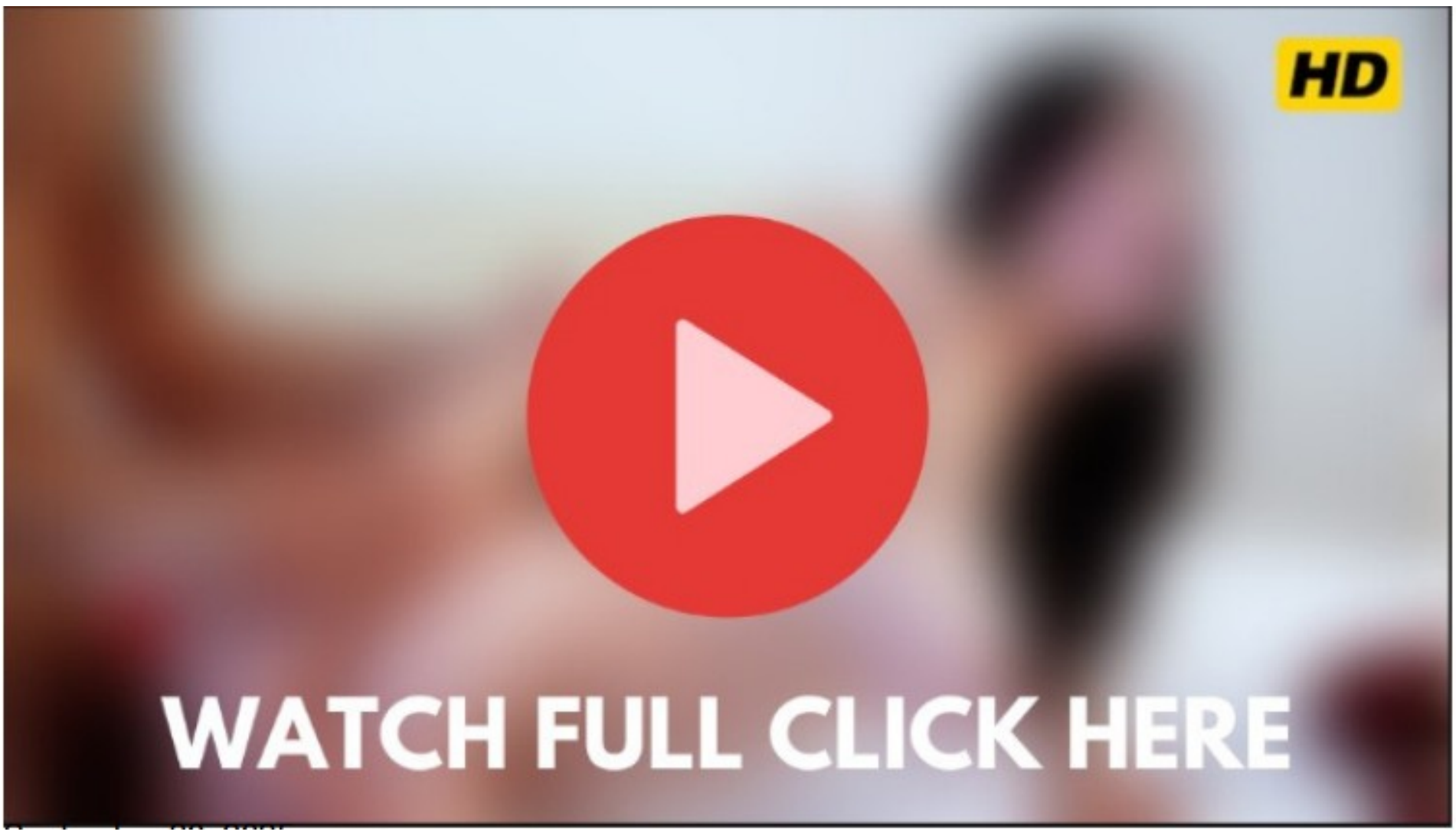zarr GHE https vt tiktok com ZSHLRKX Watch Video 2026